

# Clay Community Health Happenings

Nancy J. Mills, Administrator

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904-529-2800

## Clay County Health Department News

### **GOT FREEDOM?**

#### **National Running Event comes to Green Cove Springs Memorial Weekend**

May 28th - 30th, 2011

The 2011 Memorial Day RiverFest celebration to honor our veterans has expanded into a 3-day festival with the addition of the National Freedom 8K Series™ with a cause to raise money for wounded veterans and their families. This event is officially endorsed by the Wounded Warrior Project.

The Freedom Marathon, Inc. (FMI) is a nonprofit organization whose mission is to raise awareness and enlist support from the public through running events that help sponsor the needs of the Veterans and their families. Freedom Marathon brings a message of hope to our Veterans and their families, assuring them that America has not forgotten their sacrifices.

The event will include a 2-day health and fitness expo at the Thrasher Horne Conference Center in Orange Park, featuring Olympian and running guru, Jeff Galloway. There will be a free Kids' Warrior Trot with special medals awarded to finishers. Sunday evening, prior to the event, the Fleming Island Rotary Club will present "Concert on the Green"

featuring the Jacksonville Symphony Orchestra. The concert will take place along the St. John's River in Spring Park with spectacular fireworks sponsored by Blue Cross Blue Shield following. The park will also host a 3 day Arts Festival with fun activities for everyone. The veteran's tribute will definitely be one to remember with the addition of the SE Navy Band and military demonstrations.



Navy Band Southeast to play  
after the Freedom 8K May 30th

- Expanded race information and registration link to Active.com found at <http://www.freedommarathon.org/greencovesprings.htm>
- Complete Festival information found at <http://www.memorialdayriverfest.com/>

### General Info:

**Freedom 8K** (medallions awarded to all finishers)

- The starting location for the race is the Clay County Court House, 825 North Orange Ave, Green Cove Springs 32043.
- Over \$4,200 in prize money
- 7:55 am: 8K Wheel Chair Division Start
- 8:00 am: 8K Race Start
- 9:30 am: Award Ceremony
- 10:30 am: Kid's Warrior Trot (Freedom Mile)
- Event organizer: Freedom Marathon, Inc.
- Additional information contact: 904-529-2810

### ***We Have Not Forgotten Their Sacrifice***



Clay County Health Department  
PO Box 578  
Green Cove Springs, FL 32043-0578



## CPR CERTIFICATIONS

Three CCHD employees have received certification as CPR trainers. This will allow the CHD to provide the mandated CPR certification course to all licensed staff, as well as other clinic workers and emergency response staff, without paying an outside vendor. This cost saving measure has the potential to save the agency approximately \$1500.00 per year and could become a source of additional revenue as the CCHD will also have the ability to provide the CPR course to outside agencies.



## THE THREE "Ts"

"Talk", "Test" and "Treat" is the message from the Healthy Department. April is Sexually Transmitted Disease Awareness Month. Sexually transmitted infections (STI) are a problem in Clay County. While sexually transmitted diseases rates in Clay County are below the state, they are continuing to increase, particularly in our young people ages 10 to 24 years old. 77% of all reported Chlamydia cases in Clay residents occurred in this younger age group as compared to the 23% in the 25 years and older age group.

People may not know they have an STI because they don't have any symptoms. In some cases, the symptoms are very mild and the person may not notice them. The only way to know for sure is to be tested.

National statistics show more females than males are reported as having a sexually transmitted illness. This is because women are more likely than men to go to a doctor on a regular basis. Without treatment, sexually transmitted illness can cause long term health problems including not being able to have children, also known as infertility. These diseases can also be passed from mother to baby and sometimes cause the unborn baby to die.

The Clay County Health Department and Florida Department of Health promote the campaign of "The Three Ts".

- € "Talk" with your partner or doctor about STI risk.
- € "Test" if you are sexually active or suspect you may have an infection.
- € "Treat" if positive for an infection. Also make sure your partner has been treated to prevent getting sick again after you have been cured or having your partner give the disease to someone else.

"Open, non-judgmental discussion with our young

people is the key to solving this problem," Mills recommended. "Parents, educators, pastors and other responsible adults can make a difference here. If young people understand the infections and how they are spread, they will be empowered to make informed choices about their behaviors and their health."

For more information go to [www.cdc.gov/std](http://www.cdc.gov/std), or [www.FaceltFlorida.com](http://www.FaceltFlorida.com)

## TEXT MESSAGING TO REACH PATIENTS FASTER

Clay County Health Department has started a program to give their patients quick results on their Chlamydia and Gonorrhea tests. Once a patient gives their permission the Health Department will send a coded text message to their cell phone. The text message is sent the same day the laboratory results are received. This means that the patient will get their results quicker and can get treated sooner. The sooner the illness is treated, the sooner the patient can be made well. It also lessens the chance of the disease being passed on to their partners.

